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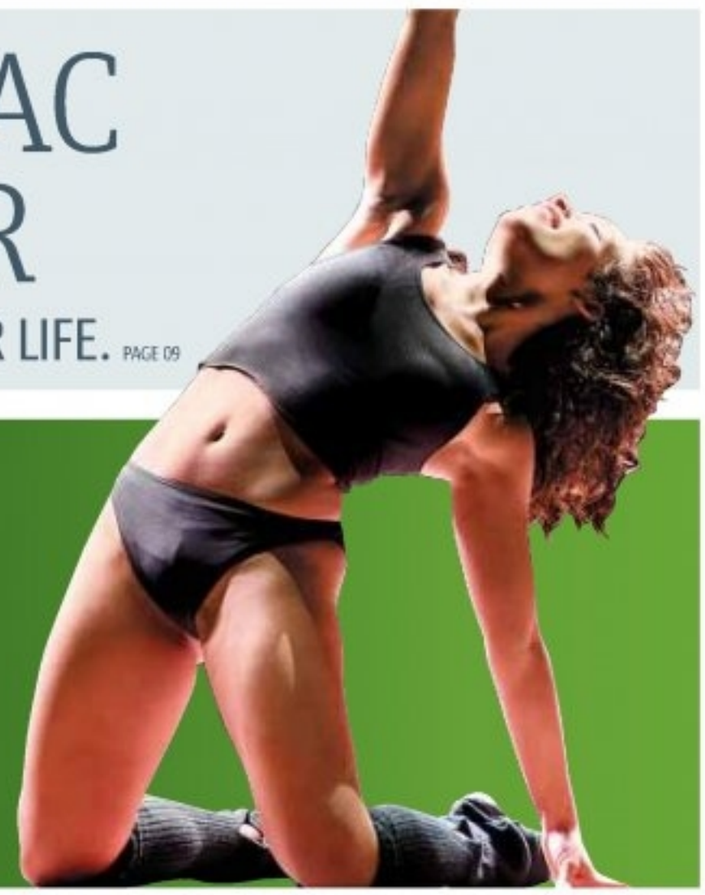
SHE'S A MANIAC ON THE FLOOR

SYDNEY MORTON IS DANCING FOR HER LIFE. PAGE 09



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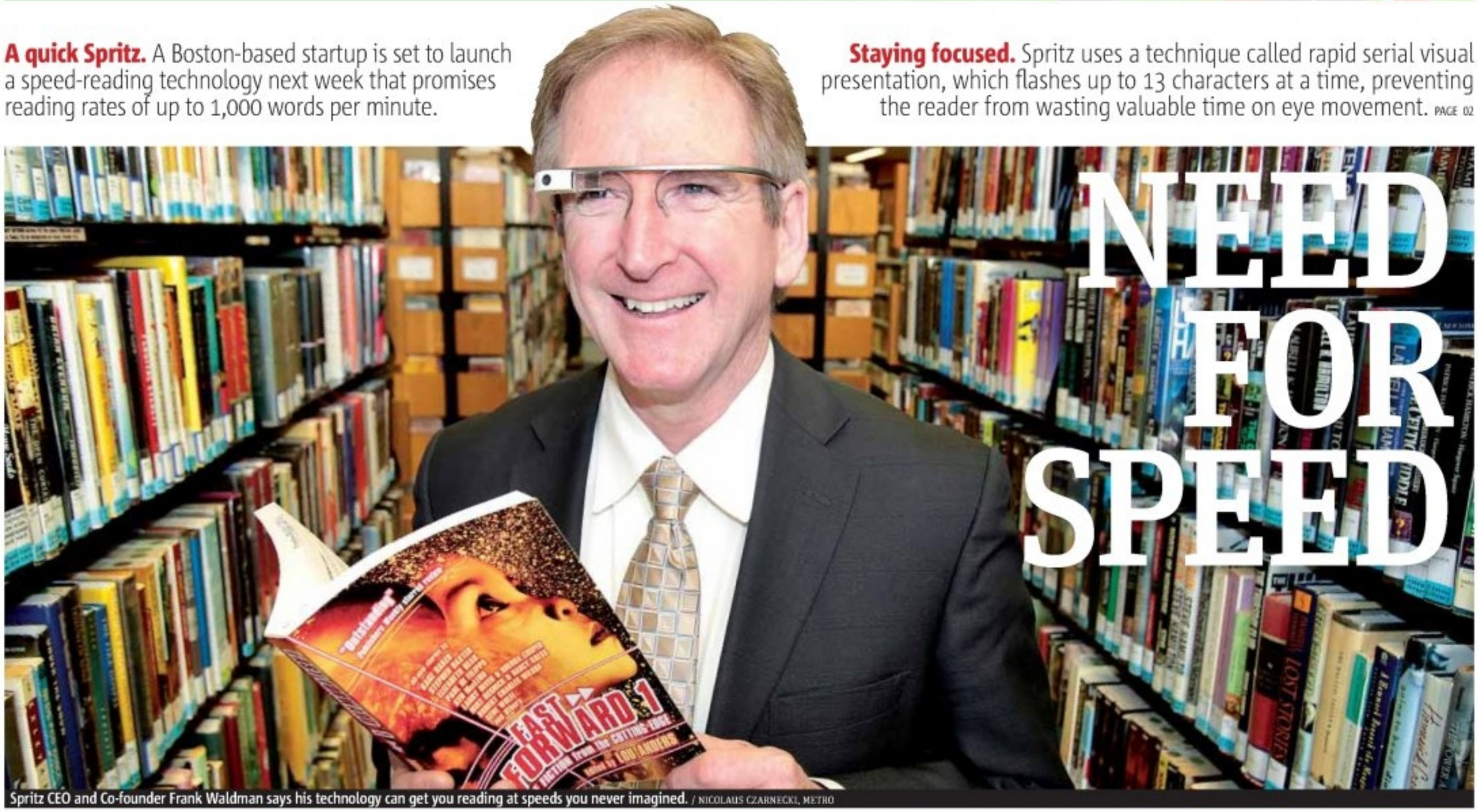
BOSTON Wednesday, March 19, 2014 www.metro.us | t: MetroBOS | f: MetroBoston

A quick Spritz. A Boston-based startup is set to launch a speed-reading technology next week that promises reading rates of up to 1,000 words per minute.

Staying focused. Spritz uses a technique called rapid serial visual presentation, which flashes up to 13 characters at a time, preventing the reader from wasting valuable time on eye movement. PAGE 02

NEED FOR SPEED



Spritz CEO and Co-founder Frank Waldman says his technology can get you reading at speeds you never imagined. / NICOLAUS CZARNECKI, METRO

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1 NEWS

Today's tweet

"I think on a scale of 1-10, groping your drug addict boyfriend while wearing gold hoops that say "baby" in them, on the train, is a 17 #mbta"

@JennCimm critiques her fellow riders

Top 3

What's trending online at Metro.us

1 'First look: Watch the 'Peanuts' movie trailer'

2 'VIDEO: Detroit elementary school choir performs cover of Pharrell's "Happy"'

3 'VIDEO: Dick Vitale talking strippers and Terrell Davis handling an LA earthquake'

Due in court

Fifth man arrested in Red Line group beating

A fifth suspect has been identified in the beating of a 40-year-old man and a group of Rhode Island teens on the Red Line earlier this month. Transit Police did not name the suspect, a 20-year-old South Boston man, but said he was due to appear in court Friday to face assault and battery charges stemming from the March 9 incident, which was partially caught on video. METRO

MBTA crime

Man allegedly spat on women

An Arlington man was arrested Monday night at Haymarket MBTA Station for allegedly assaulting two women on the Orange Line.

Richard Botelho, 43, is accused of berating the women, then forcefully grabbing a cell phone from them. Police say Botelho spat on both women as they tried to get it back, "swinging his fists wildly."

A man intervened and held Botelho until police arrived. He was charged with assault to rob unarmed and assault and battery. METRO

Spritz: Boston startup taps into need for speed-reading

Crammed. A new text streaming technology rolls out next week.

A Boston-based tech startup wants to get a billion people reading at speeds they never thought possible, and starting next week, readers will get their first taste of the swift technology.

Text streaming technology Spritz works by placing words exactly where the brain wants them to be located, allowing users of websites, apps and wearable devices to absorb words at rates of up to 1,000 per minute.

"Just go in the subway, or to a bar — half the people are sitting there looking at their phones. So I totally see people consuming more information on-the-go," said Frank Waldman, CEO and co-founder of Spritz, which offers licensing to integrate the technology.

An associate professor in Munich, Spritz co-founder Maik Maurer was inspired to develop a prototype three years ago to help him tackle mountains of reading material.

"I was amazed that I could keep up with it at triple my reading speed. I thought, this is something we can probably stick into mobile phones, and websites, especially mobile sites," said Waldman.

EBooks are controlled by distributors, and books are put into a format that makes it difficult to Spritz, Waldman said, so the company plans to work on making the technology available to users looking to blast through novels.

"The problem is, nobody has enough time," he said. "So you won't read unless you can read. And I think when you see people always looking at their phones it's because they want to read, wherever they are. This technology allows them to do that."

MORGAN ROUSSEAU
@MetroMorgan
morgan.rousseau@metro.us

Spritz CEO Frank Waldman, wearing Google Glass, demonstrates the technology at the Boston Public Library Tuesday. / NICOLAUS CZARNECKI, METRO

Quoted

"And I think when you see people always looking at their phones it's because they want to read, wherever they are." Waldman

Rapid readers

How it works

Content is flashed before the user with the optimal recognition point located at the specific place where users are already looking, allowing them to read without having to move their eyes. The technique is called rapid serial visual presentation.

Twenty percent of reading time is spent processing content; 80 percent is spent physically moving the eyes from word to word.

Spritz flashes up to 13 characters at a time, eliminating time spent on eye movement.

Users can adjust their rate of speed to anywhere between 100 words per minute and 1,000 words per minute.

To put it in perspective, humans generally speak at a rate of about 150 words per minute.

Mass. women won't admit to online dating

Are you among those who consider online dating a dirty secret? / GETTY IMAGES

Two in five American adults date online or use dating apps — but according to a new report, Massachusetts women are the least likely to admit it.

Dating website WhatsYourPrice.com on Tuesday released its report "Online Dating: The Dirty Little Secret," which showed that Massachusetts is the fifth in the nation for couples who lie about meeting online.

Instead of being up front about how their relationships blossomed, 58 percent of residents claim to meet "through mutual friends" when trying to cover up an Internet-spun romance, according to the report. The biggest liars were between the ages of 25 and 34, and Bay State women were more likely to lie than men about meeting someone online.

Men are more aggressive about seeking out dates, with a weekly "initial messaging" average of 15 messages sent. That is more than two times that of their female counterparts.

MORGAN ROUSSEAU

By the numbers

4

The average online dater in the U.S spends an average of four hours and 18 minutes a week browsing and messaging, according to WhatsYourPrice.com.

"I always check the Health Connector for my small business clients."

John Sachetti, left, health insurance broker, with his client Gerald Walba, owner of Plaza Catering and Discovery Café, Boston

"When I talk to small business owners about health insurance, it's all about the bottom line. I always make it a point to check the Health Connector."

John Sachetti knows the two big potential advantages of small business coverage through the Health Connector:

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MAhealthconnector.org

Ask your broker about the Wellness Track Program at the Health Connector.

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Mental check for suspect in Masonic lodge arson attempt

Fire starter. The man allegedly tried to burn down the downtown building.

A Dorchester man who allegedly tried to burn down a Boston masonic lodge was ordered to undergo a mental health evaluation.

Kevin Jones, 31, was ordered to undergo an evaluation at Bridgewater State Hospital during his arraignment on Tuesday, according to the Suffolk district attorney's office.

Jones allegedly walked into the Grand Lodge of Masons in Massachusetts, located on Tremont Street across from the Public Garden, and attempted to burn it down at about 7:45 p.m. Monday. He sprayed some type of liquid on to some of the furniture and then tried to ignite it, according to the Boston Fire Department.

A security officer at the masonic lodge detained Jones until Boston police arrived at the scene and arrested him.

MICHAEL NAUGHTON
@MetroBosMike
michael.naughton@metro.us

There were no signs of damage to the exterior to the Grand Lodge on Tuesday. / NICOLAUS CZARNECKI, METRO

Charge to be dropped

Jones faces a charge of attempting to burn a building.

- He also faced a charge of causing damage to a church, synagogue or place of worship, but prosecutors will file paperwork to drop that charge because the law does not cover fraternal organizations.

Tripped up

Clumsy alleged robber foiled by his own feet

A man who allegedly held up a woman in Mattapan on Monday afternoon was caught after he fell not once, but twice, while running from police.

Officers found a man running from the scene and heard a woman scream, "He just robbed me."

The officers chased the man, who tripped and fell. Officers told the man to get his hand out of his pocket, but he allegedly ignored them, got up and continued to run until he fell again.

Officers were then able to catch up to the 18-year-old from Mattapan and arrest him. METRO

Street eats. Food trucks returning to Greenway

It's becoming as much of a sign of springtime as the Red Sox season opener and the Frog Pond rink melting: the debut of new food trucks on the Greenway.

The Rose Kennedy Greenway Conservancy announced on Tuesday the new food truck lineup for the 1.5-mile park.

Fifteen new food trucks and trikes will park on the Greenway starting April 1, including four trucks that will make their Boston debut. Those trucks include: Evan's New York Style Deli; Moyzilla, featuring Chinese dumplings; Stoked Pizza; and Zo on the Go, a Greek food truck.

The Greenway Mobile Eats program selected 30 venders from 34 submitted proposals for various locations along the Greenway from Chinatown Park to the Rings Fountain near Milk Street.

A full schedule and truck listing can be found at www.rfkgc.org/food. MICHAEL NAUGHTON

Food trucks on the Greenway
NICOLAUS CZARNECKI, METRO

In mourning. BU student killed while home for spring break in Mexico

The Boston University community is mourning a student who was killed last week during a robbery in his native country of Mexico.

Diego Fernandez Montes, a freshman at Boston University, was taking a taxi in his hometown of Mexico City on Thursday when the incident took place.

A prayer vigil that drew more than 50 students was held in Diego's honor at Marsh Chapel over the weekend, while the school's Catholic Center held a Mass of remembrance.

BU Dean of Students Kenneth Elmore will announce plans for a future campus memorial for Fernandez later this week.

"In reality," Diego's father told BU Today, "I'm very much at peace, because Diego was at peace. He was at peace with everyone. He didn't have any qualms, any regrets." **MEGAN JOHNSON**

Montes / BOSTON UNIVERSITY

Remembering Montes

Friends of Montes told BU Today that he loved living in Boston and attending BU, where he recently developed an appreciation for photography.

- Counseling is available for any Boston University students struggling with grief.

Workers are not loving it

Workers, community members and religious leaders protested outside a downtown Boston McDonald's restaurant on Tuesday. The demonstration, which was part of a nationwide series of actions, follows a class-action lawsuit that claims the fast-food company is stealing wages from its employees. / NICOLAUS CZARNECKI, METRO

Report. Price disparities compromising care

Community hospitals are struggling financially as more patients visit more expensive teaching hospitals for routine care such as births, contributing the escalating cost of health insurance in Massachusetts, according to a new report.

The report, published by Healthcare Equality and Affordability League and David E. Williams of Health Business Group, concluded that pricing disparities between health care providers are "compromising the viability of community hospitals in lower-income areas and making health care less affordable for middle- and lower-income families."

The report recommends that the state's health care cost growth benchmark, established by reforms in the Affordable Care Act, be set lower for high cost providers to help address the price differences in public and private sector reimbursements. **SHNS**

Commencement

Gov. Patrick to speak at UMass Law graduation

Gov. Deval Patrick will deliver the keynote address during this year's commencement at the UMass School of Law.

Besides being the commencement speaker, Patrick also will be awarded the chancellor's medal for outstanding service to the state, the school said in a statement.

The state's only public law school, located at UMass Dartmouth, is scheduled to hold its commencement on May 19. **METRO**

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Two dead

Fatal helicopter crash in Seattle

A news helicopter crashed and burst into flames in downtown Seattle on Tuesday, killing two people on board and setting cars on fire in a popular tourist area near the Space Needle, police and fire officials said.

The chopper appeared to have fallen to the street during an attempt to take off from a helipad atop a local television news station located a short distance from the Space Needle, Seattle Fire Department spokesman Kyle Moore told reporters. REUTERS

Quoted

"KOMO chopper crash appears to have taken lives of our colleagues on board."

Keith Eldridge
Reporter and anchor with the station, said on his Twitter page

Putin signs Crimea treaty, will not seize other regions

See more at www.metro.us

Rally. Putin's speech drew immediate hostile reaction in Kiev and the West.

Russians rally at the Red Square after Russian President Vladimir Putin signed the treaty of annexation of Crimea on Tuesday in Moscow. / GETTY IMAGES

Defying Ukrainian protests and Western sanctions, Russian President Vladimir Putin signed a treaty on Tuesday making Crimea part of Russia again but said he did not plan to seize any other regions of Ukraine.

In a fiercely patriotic address to a joint session of parliament in the Kremlin, punctuated by standing ovations, cheers and tears, Putin said Crimea's disputed referendum vote on Sunday, held under Russian military occupation, had shown the overwhelming will of the people to be reunited with Russia.

As the Russian national anthem played, Putin and Crimean leaders signed a treaty to make Crimea part of the Russian Federation, declaring: "In the hearts and minds of people, Crimea has always been and remains an inseparable part of Russia." Parliament is expected to begin ratifying the treaty within days.

Putin later told a rally in Red Square beneath the walls of the Kremlin, near where Soviet politburo leaders once took the salute at communist May Day parades, that Crimea has returned to "home port." REUTERS

Sanctions order

US vows more sanctions over Russia

The Obama administration on Tuesday vowed to take further action against those supporting Russia's move to annex Ukraine's Crimea region, including expanding sanctions, the White House said.

White House spokesman Jay Carney said the United States was preparing to add to those targeted for asset freezes and travel bans under a sanctions order announced on Monday. REUTERS

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2

CULTURE

THE WORD

Melinda Taub takes on the world of gossip.

MELINDA TAUB
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Has Courtney Love found #MH370?

Courtney Love Cobain @Courtney · Mar 17
I'm no expert but up close this does look like a plane and an oil slick. tomnod.com/nod/challenge/... prayers go out to the families #MH370
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Courtney Love is about as stable as Los Angeles was at 6:25 a.m. on Monday. If given the choice, I would not elect Courtney to the position of Flight 370 Finder-in-Chief. For that, I'd probably go with an international team of aviation experts. However, the international team of aviation experts haven't turned up much, have they? Every day they widen the search area so much that I presume we'll soon be looking on the moon. Courtney Love, on the other hand, believes she knows exactly where it is, so maybe we ought to give her a shot.

"I'm no expert but up close this does look like a plane and an oil slick," she tweeted, with a link to the photo to the left.

She then tweeted that the plane was "like a mile away Pulau Perak, where they 'last' tracked it."

I really don't know what I'll do with myself if it turns out she's right. Then again, "Courtney Love Finding Missing People All Around the World Through the Power of MS Paint" is definitely a TV show I'd watch.

Eerie online posts come from L'Wren Scott after suicide

This image posted to Facebook after L'Wren Scott's death took on a creepy significance. / FACEBOOK

Designer L'Wren Scott's sudden death was made even more shocking when her social media accounts continued posting several hours after she died. Because of previously scheduled posts or a PR team that wasn't yet aware of her passing, several Facebook posts and tweets appeared after her death was announced, confusing and upsetting her followers. Perhaps the eeriest image was the above photo of several of L'Wren's designs hung from a tree and apparently lit from within, which appeared on the designer's Facebook hours after her death was announced. A strange, ghostly image indeed, after the designer's apparent suicide.

Her Twitter account also remained active, leaving some fans unsure of whether her death was a hoax or not. Fashion blogger Bryan Boy shared a befuddled screenshot and tweeted, "But L'Wren tweeted 3 hours ago???"

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Watered down?

Making a splash

"Ahh, the water scene," says Morton. "Of course, when I first got the job, this was the first thing everyone asked me about. I got to rehearse the choreography without the water in a studio for weeks, but I actually only got to rehearse it one time with the water before my first performance. We use five gallons of water total throughout the whole dance, not just the final moment. It is a totally exhilarating experience. The water is heated, thank goodness, and I know that every time I do it, the audience is loving it. I couldn't ask for anything more."

Sydney Morton, left, was a fan of "Flashdance" as a little girl. "The whole movie spoke to me," she says. / DENISE TRUSCELLO

There are moments in film that will be forever immortalized in the minds and collective subconscious of society: Marlon Brando shouting for "Stella," Forrest Gump's unpredictable box of chocolates. When it comes to iconic '80s dance flicks, though, one that inevitably comes to mind is "Flashdance."

"Flashdance" is the story of Alex Owens, originated by Jennifer Beals in leg warmers in 1983. As the song "Maniac" goes, she's "a small town girl" who works at a steel mill by day and dances in a cabaret by night, but dreams of joining the ballet. With persistence, panache and a good deal of dance montage, Alex sashays her way through life to a very important audition. The rest, as they say, is history — until now.

Meet Sydney Morton, the striking dancer and actress who portrays Alex in the new stage adaptation of the film, currently on tour. With credits that include Broadway's "Memphis," "Evita" and "Motown," Morton was tasked with bringing a well-known character to life, live, night after night.

How do you prepare for a show like this? Do you watch the film repeatedly to get it down?

I try to stay away from watching source material too much with a role like this. While Alex Owens is iconic, she isn't a real historical figure, so there is a little more freedom for interpretation.

Is preparation for this particular role any different from previous roles you've had?

This is one of the most difficult roles I have ever performed, let alone seen on a stage before. I not only dance my heart out eight times a week, but I also perform numerous songs, fight choreography and scenes with my fellow actors. I have been dancing since I was a little girl and taking vocal lessons since I was a teenager. I also went to school to earn a degree in musical theater. I'm not sure I could have done this role without all of that preparation. In addition, I have had almost two months of rehearsing and conditioning for the show itself, in order to build my stamina and get comfortable in the role.

How familiar were you with the film before landing this role?

I was definitely familiar with the movie and music. ... I always felt like Jennifer Beals looked like a "grown-up" version of me, so I sort of idolized her in the role. I wanted to be a ballet dancer — basically, the whole movie spoke to me.

If you go

'Flashdance'

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As can be clearly seen, the Arlington is ... not in Arlington. / PROVIDED

Art and Art Deco for lease at the Arlington

Ground floor gallery. A former charter school gives way to swanky new digs.

The kitchens in the Arlington let in plenty of light. / PROVIDED

The Arlington might not fit most people's budgets when it comes to finding a home, but the swanky new apartments have one amenity that most Bostonians can enjoy — a ground floor art gallery and restaurant headed by chef Rachel Klein (Mandarin Oriental, Boston) called Liquid Art House.

Built around the turn of the century, the Arlington was reconfigured for residential use by Related Companies and the Congress Group, which was behind The Clarendon and One Back Bay. Residents of this former charter school building, which stands in Park Square in Bay Village at Arlington and Stuart, also get in-home dining, an indoor basketball court, fitness center, private lounge, game room with billiards and shuffleboard tables, storage for bikes or sports equipment, and access to Zipcar service and Zagster's bike share program. Tenants also have access to Related's RelatedStyle Services, which include moving coordinators and technology services. There's even a concierge for dinner reservations, theater tickets, etc.

Leasing for this architecturally important Art Deco property is underway for occupancy in mid-April. Besides Liquid Art House, which is due to open soon after, Boston can also enjoy seeing an exquisitely renovated historic building.

"We went to great lengths to maintain the historic character of the building while investing in all-new windows, the building's systems and apartment finishes to create a modern, luxurious living experience," says Patrick Sweeney, senior vice president at Related Companies. "For example, the entire original limestone facade has been retained, but was cleaned and repainted. We renovated original brass doors and ground floor columns to highlight the intricate detail of the original design. The lobby, in particular, is a combination of newly installed Italian marble flooring and a historic fireplace, with original detailing throughout its walls and ceilings."

LINDA CLARKE
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This week in health news

Stress tied to heart trouble in women

Location of study: U.S.
Study subjects: 24 women, 16 of whom had microvascular dysfunction
Results: In an effort to better understand gender-related coronary artery disease, researchers at Cedars-Sinai Heart Institute studied the effects of emotional stress on women with a type of coronary artery disease called microvascular dysfunction. The condition occurs when the smaller arteries of the heart fail to work properly. Researchers found that the emotional stress of anger may contribute to the disease, which can lead to heart attacks and other cardiac issues.
Significance: The study sheds light on the differences between male and female coronary artery disease. Most men with the disease typically exhibit blockages in the large arteries, while many women do not. Researchers also say that since smaller arteries are partly controlled by the nerve network that regulates heart rate, our thoughts and emotions may impact blood flow in these small vessels.

Migraine sufferers, rejoice

Location of study: Belgium
Study subjects: 67 people with frequent migraines
Results: In a study, a battery-operated device that uses external cranial neurostimulation to prevent migraines resulted in a significant drop in overall migraine frequency. The Cefaly device, which resembles a headband, is to be worn daily for 20 minutes before the onset of a migraine.
Significance: The results of the study were so impressive, the U.S. Food and Drug Administration has approved it for use. The Cefaly medical device will hit the market in early April and will be available through a prescription.

Take it easy: Stress might physically harm you. / CREATAS

Trial underway to test prostate cancer vaccine

Location of study: U.S.
Study subjects: Men with newly diagnosed, localized prostate cancer
Results: If successful, a developmental prostate cancer vaccine may potentially trigger the body's own immune system to kill cancer cells. The treatment, called ProstAtak, is designed for early-stage prostate cancer. It works through a series of three injections. Each is accompanied by antiviral pills and standard radiation therapy. The combination seems to awaken the immune system to attack the cancer.
Significance: With the immune system jump-started, the patient potentially develops a lifelong immunity specific to their cancer. This circulating immunity may also be enough to mop up any leftover cancer cells throughout the body. In a previous study, the treatment was associated with a significant decrease in expected tumor recurrence. A study at Advanced Radiation Centers of New York and Memorial Sloan Kettering Cancer Center is currently enrolling patients with newly diagnosed, localized prostate cancer.

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'No excuses' for skipping a colonoscopy to screen for colorectal cancer

Charles Fuchs, MD, MPH director of the Center for Gastrointestinal Oncology, Dana-Farber Cancer Institute

Dana-Farber expert says patients were never sorry they got the test

According to the American Cancer Society, there will be 96,830 new cases of colorectal cancer diagnosed in the United States this year, with more than 50,000 people expected to die of the disease in 2014. March is National Colorectal Cancer Awareness month, and experts say it's a good time to get the word out about this deadly disease.

Charles Fuchs, MD, MPH, director of the Center for Gastrointestinal Oncology at Dana-Farber Cancer Institute, said colorectal cancer can be detected early thanks to one simple screening test, a colonoscopy.

"Colonoscopy is an extraordinary screening tool. It's very safe and painless. Patients are given a mild sedative and the actual test takes about 10 minutes," said Fuchs. "Also, the great thing about colonoscopy compared to other screening techniques is that if you find a polyp, which is a pre-cancerous growth, not cancer, but pre-cancerous, they remove it. So if your doctor finds a polyp, the doctor takes care of it. It's done. It's gone."

According to the National Cancer Institute, the age when a person should have their first colonoscopy varies according to their level of risk for developing colon cancer. An individual with an average risk should begin colonoscopy screening at age 50, but someone who has a family history of the disease, namely a parent or sibling who has had colon cancer, likely should be screened earlier than age 50.

"If you have a family history of colon cancer, typically, the screening recommendation is between ages 35 and 40. If a family member was diagnosed at an even younger age, then you should speak with your physician about whether you should be screened even before age 35 to 40," said Fuchs.

Experts recommend that a person with an average risk should have a follow-up colonoscopy every ten years. Studies show the protection of having a normal colonoscopy does last a decade. However, if a colonoscopy finds polyps, it may be necessary to have more frequent colonoscopy exams.

For many people, a big reason they don't get a colonoscopy is because of the preparation for the procedure. Fuchs said the preparation drink or "prep" people need to take the night before a colonoscopy to help clear the bowels is not tasty, but it's palatable. And he added that the dislike of drinking the prep is not a good excuse to skip this potentially life-saving procedure.

"Nobody says to me that they were sorry they had the test," said Fuchs. "I'm a medical oncologist. I treat people who have been diagnosed with colon cancer, so I certainly hear the alternative. People who come to see me with the diagnosis of colon cancer say, 'I wish I had the test.' You don't want to be one of those people."

At Dana-Farber/Brigham and Women's Cancer Center, colon cancer is treated through the Center for Gastrointestinal Oncology.

To learn more about our gastrointestinal center or gastrointestinal cancers, visit www.dana-farber.org/gastrointestinal.

Dana-Farber Cancer Institute is a principal teaching affiliate of the Harvard Medical School and is among the leading cancer research and care centers in the United States. It is a founding member of the Dana-Farber/Harvard Cancer Center, designated a comprehensive cancer center by the National Cancer Institute.

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April 2014	Site
Thursday 3	Neponset Health Center
Wednesday 9	Joseph Smith Community Health Center - Allston
Thursday 10	Southern Jamaica Plain Health Center
Tuesday 15	Bowdoin Street Health Center
Tuesday 22	The Dimock Center
Wednesday 23	Joseph Smith Community Health Center – Waltham
Thursday 24	South End Health Center
Tuesday 29	Bowdoin Street Health Center
Wednesday 30	The Dimock Center

May 2014	Site
Wednesday 7	Joseph Smith Community Health Center - Allston
Tuesday 13	Bowdoin Street Health Center
Thursday 15	Manet Community Health Center - Hull
Wednesday 21	Joseph Smith Community Health Center – Waltham
Tuesday 27	Bowdoin Street Health Center
Wednesday 28	The Dimock Center

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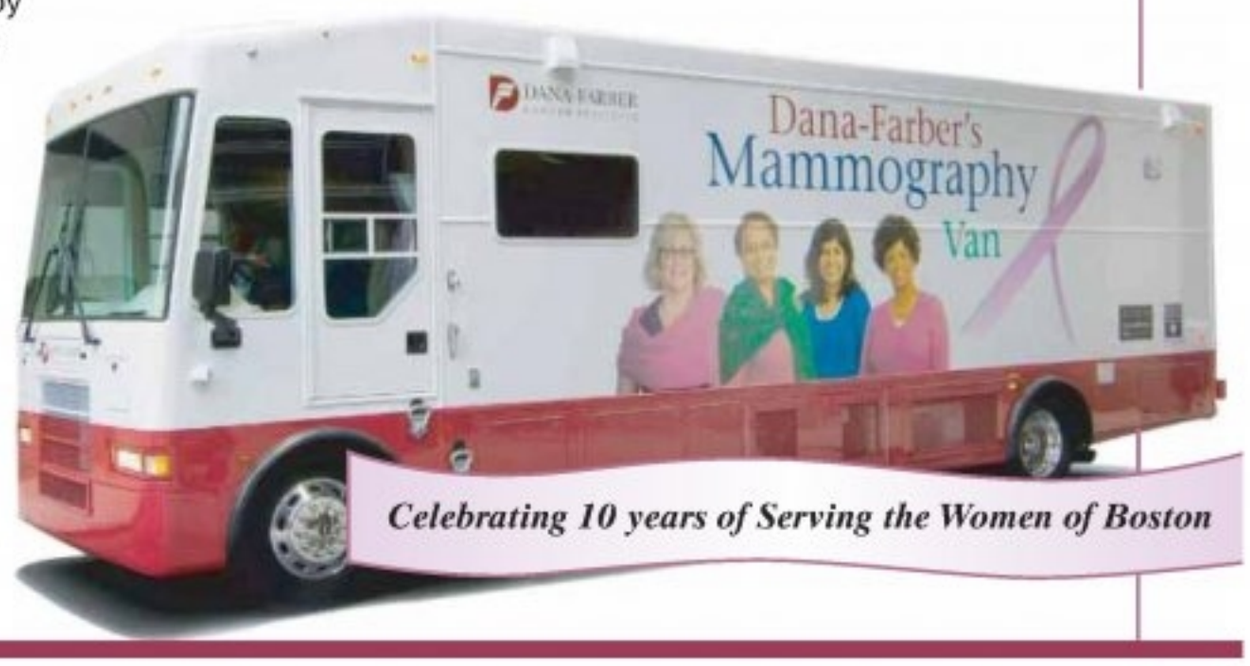

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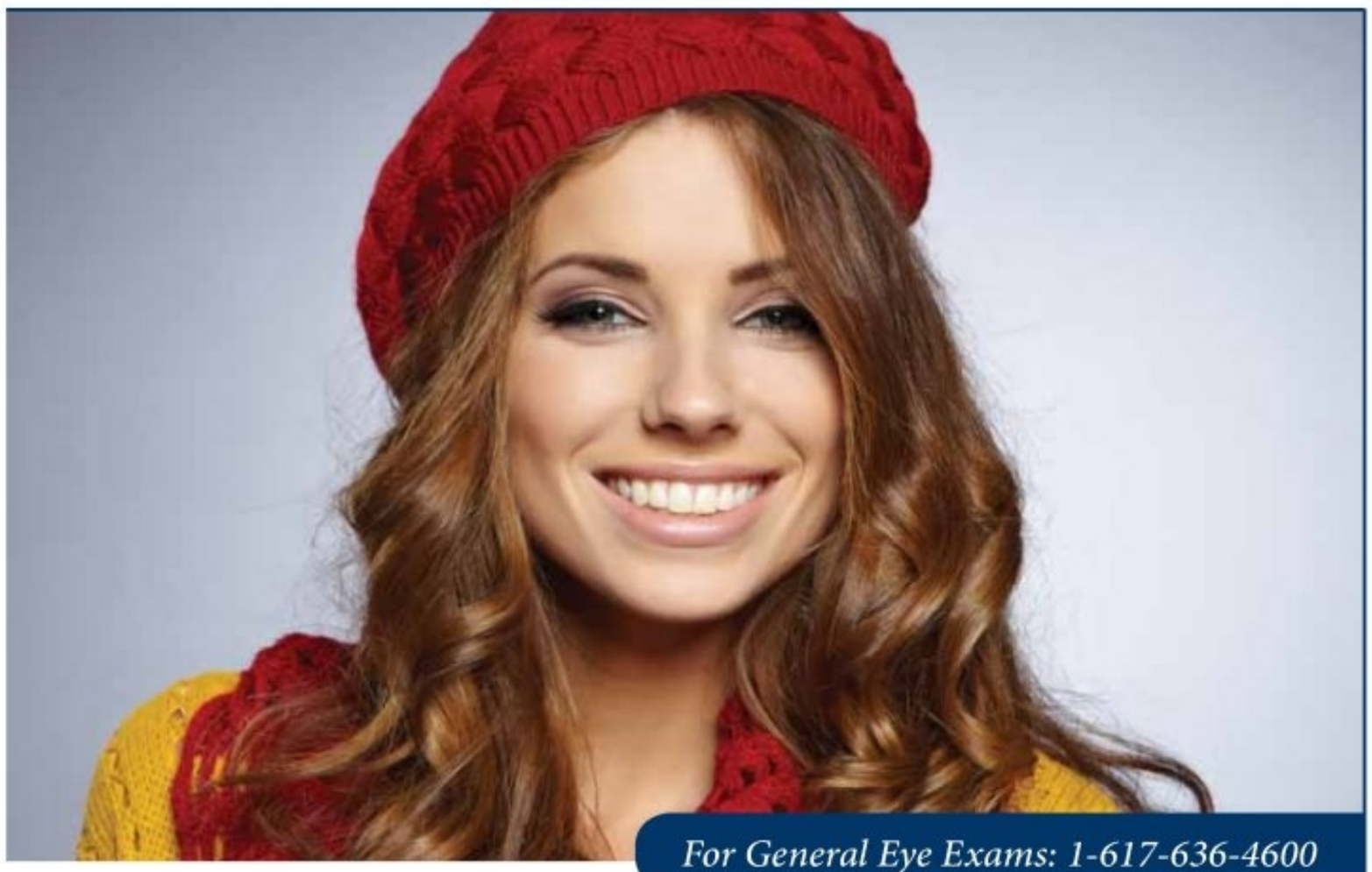

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Horoscope

♓ Pisces | Feb. 19-March 20. You'll face discord if you aren't mindful of others. Now is not the time to make changes to your space. An old debt will be settled in your favor.

♈ Aries | March 21-April 20. You may be feeling emotionally down. If you take part in a cause you believe in, you will make new friends and infuse some life into your situation.

♉ Taurus | April 21-May 21. Stay in touch with people who have something to offer you. Refuse to become involved in questionable activities. Someone may be trying to take advantage of your trusting nature.

♊ Gemini | May 22-June 20. Don't be lured into sharing your personal information. You will be sorry if you reveal too much to someone unreliable. Surround yourself with positive people who value your worth.

♋ Cancer | June 21-July 22. Don't let worry and self-doubt get to you. Connecting with friends or becoming involved with a public-spirited organization will provide you with some positive energy.

♌ Leo | July 23-Aug. 22. Consider making a lifestyle change. Base your actions on the way you feel and the goals you have set. Trying to impress others will backfire.

♍ Virgo | Aug. 23-Sept. 22. You may be drawn into a troublesome situation. Pay attention to your gut feelings, and put an end to a questionable partnership. Your reputation could be at stake.

♎ Libra | Sept. 23-Oct. 22. Dealing with your peers or family members will be problematic today. Stay away from trivial disagreements. Your time will be better spent participating in worthwhile pursuits.

♏ Scorpio | Oct. 23-Nov. 21. New opportunities will allow you to use your talents and skills more diversely. Make decisions based on your needs, not on what someone else wants.

♐ Sagittarius | Nov. 22-Dec. 21. A personal situation needs to be resolved before you can move ahead. Do a detailed analysis of your financial status and consider what options will be most lucrative.

♑ Capricorn | Dec. 22-Jan 20. Be aware of the opportunities that surround you. An unusual offer has the potential to turn into a profitable endeavor. Keep an open mind.

♒ Aquarius | Jan. 21-Feb 18. Your money matters need a critical evaluation. Get together with your financial adviser and determine how you can increase your savings.

BERNICE BEDE OSOL

Letters

The USSR caused its own destruction

Re: 'Reagan did help world redecorate without the Iron Curtain' (Metro, March 18) Actually, letter writer Timothy Laren is more accurate than letter writer Dan Schwarz with regard to the USSR situation and Ronald Reagan. The Communist regime that crushed the uprisings in the 1960s was much stronger and showed no signs of waning, then. The USSR that Gorbachev inherited was much weaker, and long before Reagan demanded that Gorbachev "tear down this wall," Russia was already making preparations for an inevitable transition. Russia's own policies were its downfall. Decades of trying to best us in an arms race and misguided domestic policies caused the USSR to implode more than any outside force. By the time Reagan showed up, the USSR was already in steep decline due to its self-destructive policies. AL SAINT JEAN, VIA EMAIL

I'm forever amazed how cheerleaders of Ronald Reagan continue to claim he alone "won" the Cold War mainly through his costly build up of the military. Never mind that same build-up caused so much tension it almost started World War III twice in 1983, or that the Soviets' pointless and costly war in Afghanistan left their soldiers and citizens alienated from the Politburo, or that it was Gorbachev's reforms that ultimately let the people voice their grievances, organize their opposition and ultimately force the old guard from power.
JOSEPH CONNELL, VIA EMAIL

Show 'em with rockets

Instead of all the talking points on the validity of the Crimean election and sanctions for the vote (shot) heard round the world, why doesn't Obama simply install missiles aimed directly at Moscow? Like Kennedy did! That would certainly make a statement! LEE KEITH, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

1			8	5			4	
		9		1			7	
	8	4				1		
5					6	3	1	
	1			3			2	
	3	2	5					8
		1				4	9	
	2			4		6		
	4			8	2			5

			3		2	9	7	
	2					3		
3		8	5				1	2
			8	5	6			
		1				5		
			4	1	3			
4	5				1	2		3
		2					9	
	6	9	2		7			

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across
1 Melt together
5 Boyle and Kyser
9 — optics
14 Where edelweiss grows
15 Toast topper
16 Hockey venue
17 Monogram pt.
18 — -— -tat-tat
19 Tall and lanky
20 It may be scarlet
22 Baggage handlers
24 Walk heavily
26 — Dawn Chong
27 Glossy fabric
30 — fling
35 Lock up
36 Pedro's mouth
37 Norse giant
38 Wall climber
39 Soup servers
42 Roswell crasher
43 Vassal's land
45 Centers
46 Puts a stop to
48 Point out
50 Sweetie-pies
51 Winter complaint
52 Burn or sting
54 Apartments, usually
58 Earned, as assets
62 Ram, in astrology
63 State confidently
65 Franc successor
66 Computer documents
67 Surround
68 Dustcloths
69 Smaller than small
70 Lhasa —
71 Gin-fizz flavor

Down
1 — accompli
2 Arm bone
3 Go round and round
4 Tycoons' homes
5 Seoul brother?
6 Fill with fear
7 Even so
8 Grease cutter
9 Ms. Fawcett
10 Bad-humoredly
11 Nota—
12 MIT grad
13 Moonbeams
21 Wave hello
23 Gill or lung
25 Brownish songbirds
27 Asimov genre (hyph.)
28 Singing chipmunk
29 Played with
31 Readies champagne
32 Stubborn as — —
33 Cool
34 Refinery waste
36 Super-dry, to a vintner
40 Ryder alternative (hyph.)
41 Terra firma
44 Like many a sophomore
47 Horns
49 Elegant
50 Beehive, maybe
53 "Broom Hilda" cartoonist
54 Floating platform
55 Huron neighbor
56 Egypt's river
57 Long story
59 Twofold
60 Syllogism word
61 Rx directive
64 Big shot

Yesterday's answer

P	A	C	T		L	Y	C	R	A		S	U	L	U
S	T	A	R		O	O	H	E	D		T	R	I	G
H	A	V	E		O	M	A	H	A		E	A	R	L
A	R	I	S	E	N		F	A	I	R	P	L	A	Y
W	I	L	T	S		Z	E	B	R	A	S			
			L	E	I	A				G	O	B	A	D
N	O	M	E		D	N	A		T	E	N	U	R	E
E	K	E			E	Y	I	N	G			R	E	F
A	R	A	B	L	E		M	A	I		G	N	A	T
R	A	L	L	Y				I	F	F	Y			
			O	N	E	I	L	L		A	M	A	N	A
D	E	T	O	N	A	T	E		W	A	N	T	O	N
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L	O	N	E		E	L	A	T	E		S	E	E	M
E	N	I	D		D	Y	L	A	N		T	A	D	A

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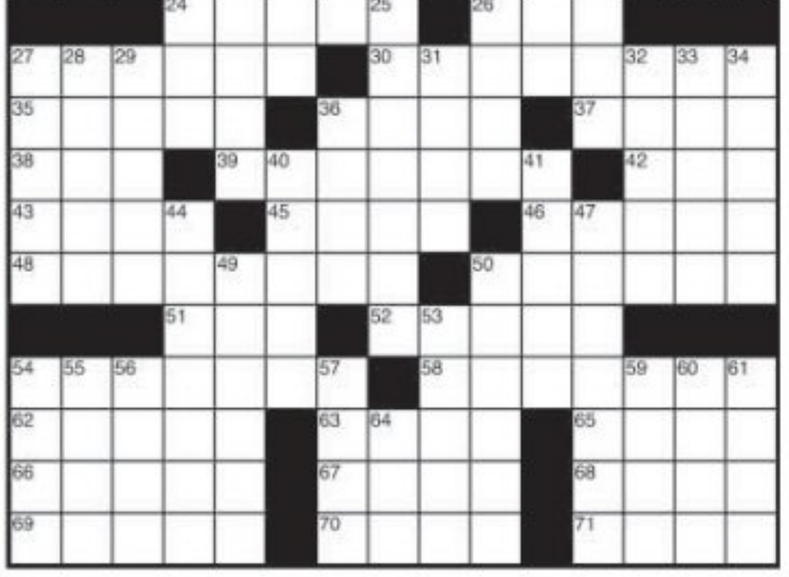

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False reports

Spikes says Pats bluff on injuries

Brandon Spikes, who just signed with the Buffalo Bills, told WGR radio in Buffalo that the Pats bluffed on their injury report with regard to putting the linebacker on the injured reserve list just prior to their playoff game against the Colts this past January.

"I heard they put me on IR and stuff like that. That was just a false report," Spikes said. "That's just how things go there. Almost like what happened with [Aqib] Talib and his hip."

After signing with Denver last week, Talib did say that he never had a hip injury while with the Patriots. METRO

Dumped

BC fires hoops coach Donahue

The Boston College Eagles are seeking a new men's basketball coach after Steve Donahue was relieved of his duties Tuesday. Donahue went 21-13 in 2010-11, 9-22 in 2011-12, 16-17 in 2012-13 and 8-24 in 2013-14. METRO

Sizemore, Bradley Jr. battle front and center

MLB. The Red Sox aren't yet sure who their starting center fielder will be.

Jackie Bradley Jr. hit just .189 in 107 plate appearances in 2013. / BOSTON GLOBE

Once Jacoby Ellsbury departed for New York, it was assumed Jackie Bradley Jr. would take over in center field — even after the Red Sox signed veteran Grady Sizemore in December.

The 31-year-old Sizemore, who hasn't played in a regular season MLB game in over two years, has exceeded all expectations this spring, showing no ill-effects of two sports hernia surgeries, surgery on his left elbow and knee, two surgeries on his right knee and back surgery — all coming since 2009.

"I'm just happy to be healthy, be out there playing and be able to do those things," Sizemore said Monday after going 3-for-4, raising his average this spring to .381.

Manager John Farrell has given no official indication on who the starting center fielder would be, but did say in the past week that nothing has "radically changed" in terms of Bradley Jr. as the starter.

Currently, the Red Sox have six outfielders competing for five spots in Bradley Jr., Sizemore, Shane Victorino, Jonny Gomes, Daniel Nava and Mike Carp. One option is to make Sizemore the opening day center fielder and have Bradley Jr. open the year in Pawtucket. But Bradley Jr. seems ready to make the full-time jump to the majors and the team would be left with Sizemore and Victorino as the only options to play center. Another option could be trading Carp to free up a spot as there have been teams interested in the utility player, but he proved how valuable he is to any team last season, hitting .296 in 86 games while playing a number of positions.

"We're staying very open-minded to this," Farrell said. "We knew what kind of player [Sizemore] was. We just had to stay open-minded to the evaluation of spring training and see how he performed. He's performed very well."

RYAN HANNABLE
@Hannable84
sports@metro.us

By the numbers

13

The Red Sox will open the 2014 regular season playing 13 games in 14 days, with all of those games coming in "cold weather cities." Boston's first game either indoors or in a "warm weather city" will come April 25 at Toronto.

3 SPORTS

Another upgrade?

Pats may be in hunt for Jackson

The Patriots are in the market to give Tom Brady another weapon at the wide receiver position, per CSNPhilly.com. The Eagles are "taking inquiries" on receiver DeSean Jackson, and the Patriots and 49ers are two teams that have contacted Philadelphia, according to the report. Jackson had a career-best 1,332 yards receiving in 2013.

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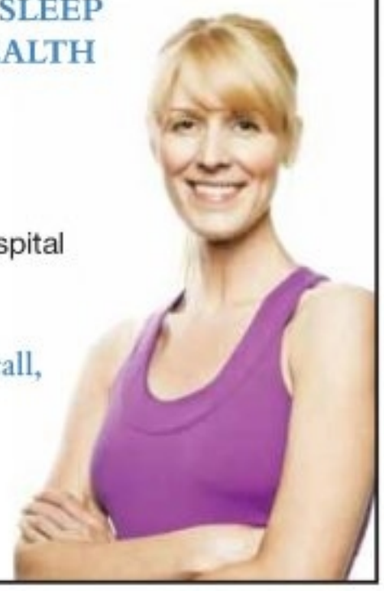

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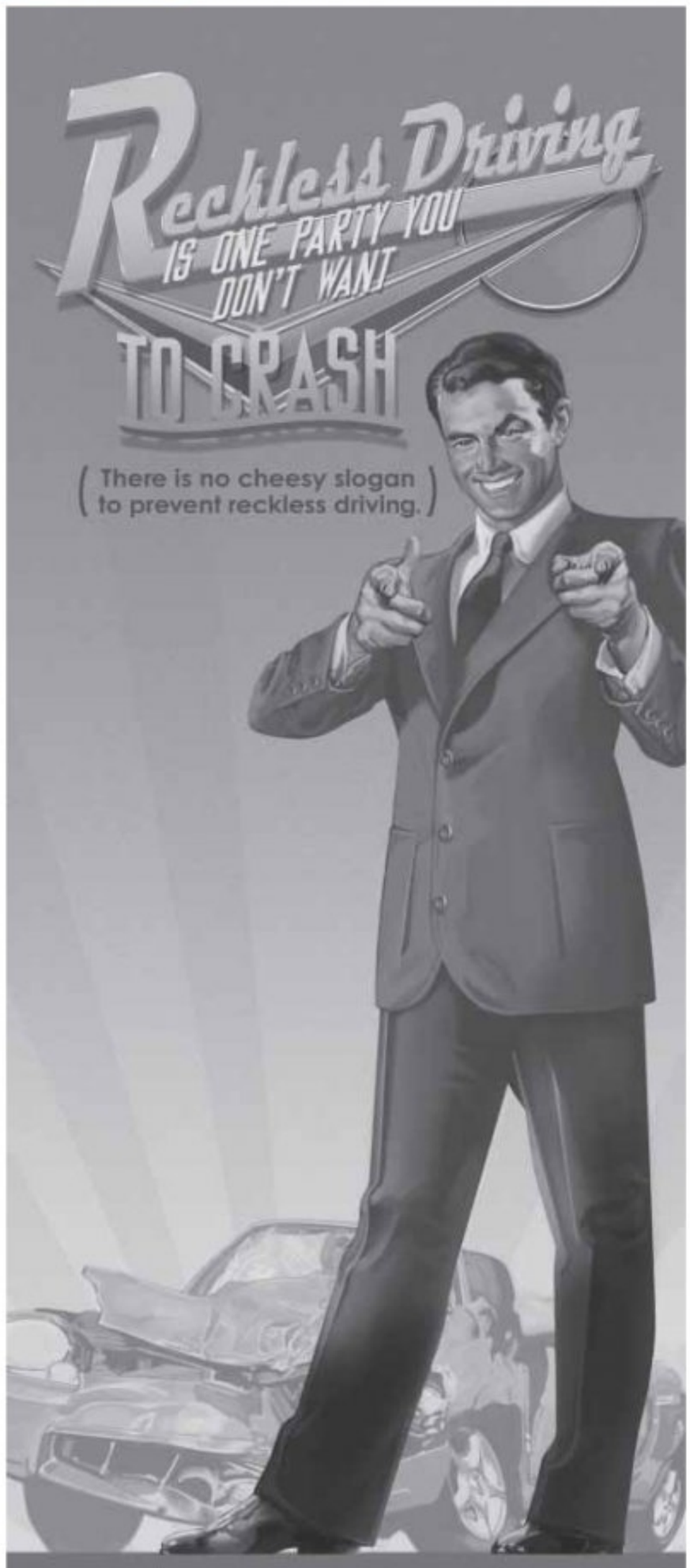
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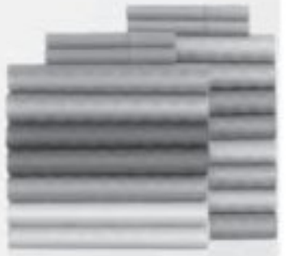

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